

# Community Connection



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# Forging a Path to Recovery



*To further his recovery and help him stay healthy, Rodney joined a local health club.*

March 9, 2015 started as a normal day at work for Rodney Ruefer. He had on his welder's mask, gloves and apron and was busy repairing some truck parts. Then, an abnormal smell hit his nose—the smell of burning fabric.

With many years of experience as a welder, Rodney knew this meant a spark had landed on him, so he quickly went to find it and smother it. Unfortunately, the spark had spread faster, causing severe burns on the right side of Rodney's upper body.

After about a month in the hospital—where Rodney's burn wounds were treated—and starting inpatient therapy, he

was able to return home. However, he needed to continue his physical and occupational therapy to prevent permanent loss of range of motion in his right arm, shoulder and fingers.

Living in Evansville, about 12 miles away from Edgerton, the outpatient rehab at Edgerton Hospital allowed Rodney to still have therapy on a daily basis, without a long drive.

“All of the therapists I work with at Edgerton Hospital are very friendly but also firm, pushing me so that I keep seeing improvements,” Rodney says. “I had the option to switch to a facility a little closer to home, but I feel comfortable with the therapists I work with, so I decided to stay with Edgerton.”

Since beginning his therapy at Edgerton Hospital in late April, Rodney has focused on stretching and light strengthening exercises to regain range of motion and improve the overall functioning of his right upper body.

And he's made great strides. Most of Rodney's wounds are healed, and he can now move all the fingers on his right hand. He was also cleared to return to work on a limited basis at the beginning of September.

“I can tell I'm getting better because I've been able to enjoy a few cookouts at the end of summer and even went on a fishing trip,” Rodney says. “The Edgerton Hospital therapists have really helped me feel human again.” ●

## Learn About Low Back Pain

Lower back pain is one of the most common medical conditions people have. In fact, it affects 60 – 80 percent of adults. The back is made up of a complex system of interconnected bones, muscles, nerves and other tissues, so there are many different causes of lower back pain. However, typical sources are:

- Irritated nerves
- Strained muscles
- Damaged bones, ligaments or joints
- Spinal disc degeneration

Learn more about lower back pain relief with certified yoga instructor, Elise Wileman, at our free lower back pain class.

### Basics of Lower Back Pain

Thursday, Nov. 19th | Noon  
Edgerton Hospital, Room D

Call **608-884-1609** to register or visit  
**edgertonhospital.com**.

# Supporting Your Support System



Fever, nausea and body aches are all signs you may be coming down with the flu. And if you start to experience them, you can seek treatment to try and prevent your symptoms from getting worse. However, some medical conditions don't have such clear warning signs. One of these conditions is osteoporosis.

Osteoporosis means "porous bone," which perfectly describes the bone mass and density loss that it causes. About 54 million Americans have low bone mass—also called osteopenia—or osteoporosis, severely low bone mass. This includes one in two women and one in four men over the age of 50.

Oftentimes, breaking a bone is the first sign of osteoporosis. But, Edgerton Hospital now has a tool patients can use to catch the development of osteoporosis, hopefully, before it becomes too severe.

Edgerton Hospital's new, on-site bone density scanner is the most accurate method for diagnosing low bone mass. A bone density scan is painless and performed on an outpatient basis. It uses a low-dose x-ray to measure and examine bone density. After the scan is complete, patients receive two scores, which determine if they have osteopenia or osteoporosis:

• **T Score**—Amount of bone mass compared to a young adult of the same gender with peak bone mass. A score above -1 is normal. A score between -1 and -2.5 is considered osteopenia. A score below -2.5 indicates osteoporosis.

• **Z Score**—Amount of bone mass compared to other people in the patient's age group of the same gender and size. An unusually high or low score may indicate the need for further testing.

A physician must order a bone density scan, but it is recommended for:

- Men and women over the age of 50
- Post-menopausal women not taking estrogen
- Post-menopausal women over 5'7" or who weigh less than 125 pounds
- People who have/had type 1 diabetes, liver disease, kidney disease or a family history of osteoporosis

Since Edgerton Hospital's new bone density scanner is a permanent feature in the imaging department, more flexible appointment scheduling is now available for patients. Talk to your primary care provider to see if you might benefit from a bone density screening. ●

## Building Better Bones

Many people may not realize that bones are made up of living tissue. That's why eating a "bone-healthy" diet and doing "bone-building" exercises are important ways to help prevent conditions like osteoporosis.



### Bone-Building Exercises

The two types of exercises that help keep bones strong are:

1. Weight-bearing—dancing, running, jogging, walking and playing tennis
2. Muscle-strengthening—weight lifting, using resistance bands or doing body weight exercises

### Bone-Healthy Diet

Add these calcium and vitamin D-rich foods into your everyday diet to help maintain and build bone mass:

- Low-fat dairy products like milk, yogurt and cheese
- Fatty fish, including salmon, mackerel, tuna and sardines
- Dark leafy greens, such as collard greens, kale and broccoli

# When Minutes Matter, Your Care Counts.

**For every 15 minutes that a person waits to come to the ER after a heart attack starts, the mortality rate increases by one percent.**



**During a stroke, more than 30,000 brain cells die every second.**

When it comes to medical emergencies, minutes really do matter. That's why at Edgerton Hospital, our ER physicians are trained to stabilize patients, evaluate for critical conditions and start treatment—all within a matter of minutes. This includes administering clot-busting medications for stroke patients and quickly coordinating all the details to transfer patients to a larger trauma center, when needed.



# When to Use the Emergency Room



## **SIGNS OF A HEART ATTACK**

- Chest discomfort—squeezing, pressure, fullness or pain.
- Shortness of breath.
- Discomfort in the arms, back, neck, jaw or stomach.
- Breaking out in a cold sweat, nausea or lightheadedness.



## **SIGNS OF A STROKE**

- Face – When smiling, does one side of the face droop?
- Arms – When raising both arms, does one drift downward?
- Speech – Is speech slurred or strange?
- Time – If you observe any of these signs, call 9-1-1 immediately.



## **OTHER MEDICAL EMERGENCIES INCLUDE:**

- Respiratory distress, trouble breathing.
- Severe headaches or abdominal pain.
- Seizures.
- Broken bones or severe wounds.

## Things to Remember in Medical Emergencies

1. Call 9-1-1 immediately.
2. Choose the closest hospital for care, especially if having a heart attack or stroke. If you are able, you can tell the paramedics which hospital you'd like to go to, and they will respect your wishes.
3. For true medical emergencies, many insurance plans will cover a trip to the closest emergency room. So don't wait to go.
4. Sometimes, diagnostic imaging exams—like a CT— or lab tests are needed to make a diagnosis for emergency patients. Edgerton Hospital's emergency medicine physicians have 24/7 access to an onsite CT scanner and clinical laboratory.

## Meet Our ER Experts

At Edgerton Hospital, our ER/Urgent Care physicians bring the type of experience that you'd find at a major metropolitan hospital to our small community. Our physicians are all board certified and able to quickly and accurately determine your diagnosis and start your treatment path.



Rajvinder Bindra, MD



Mark Bruce, MD



James Gariti, MD



Kip Kircher,  
MD, MBA, FACEP



Robert Miller, MD



Darren Pipp, MD



Brian Stubitsch, MD



# Caring for Patients Behind the Scenes

A surgeon. Nurses. An anesthetist. These aren't the only members of a successful surgery team. When a procedure is complete and the patient goes into recovery and the surgeon and nurses leave the operating room, another team comes in to complete one more task—cleaning and disinfecting.

Karla Jacobsen is a member of this team, also known as the environmental services department. What most people don't realize is that Karla and her coworkers may not be physicians or clinical providers, but they are still helping to save patient lives. Because one of their most important responsibilities is keeping patients safe from infections.

“We are in charge of making sure the hospital is completely clean to prevent the spread of infections among patients—from the operating rooms to patient rooms, the laboratory and lobbies,” Karla says.

So following a procedure, when the operating room is empty, Karla and the environmental services team work their way from one side to the other, wiping everything clean. And just like there are steps to the actual surgery that was performed in the same room earlier, there are steps to ensure each surface is disinfected. In fact, the environmental services department receives special training throughout the year to stay up-to-date on proper cleaning techniques.

Outside of work, Karla dedicates her time to her husband, two rescue dogs and her two sons, one of whom has recently turned her into a busy hockey mom. ●





## Edgerton Hospital Capital Foundation

OUR VISION, SECURING THE FUTURE.

On your mark, get set....*thank you!*

The Edgerton Hospital Capital Foundation would like to thank all of the runners, walkers, donors and sponsors who made the hospital's biggest fundraiser a success! The event raised nearly \$100,000, which will support the hospital's greatest need.

**For more information on how you can support local health care, contact Foundation Director, Bonnie Robinson, at 608-884-1401.**

Affiliated with SSM Health Care of Wisconsin

If you do not wish to receive solicitations of mailings from Edgerton Hospital or the Edgerton Hospital Capital Foundation, please e-mail [ehhsinfo@edgertonhospital.com](mailto:ehhsinfo@edgertonhospital.com) or utilize our toll-free number 1-800-884-3441.

# If you care...

# DON'T SHARE

Save a life. Lock up your meds.

Increasingly teens are turning to prescription and over the counter medications as a “safer” way to get high. Take these steps to help prevent prescription drug abuse:

- 1. Talk to your teen.** Teens who learn about the risk of drugs from their parents are 50 percent less likely to use drugs.
- 2. Safeguard your medications by storing them in a lockbox.** Know what you have in the medicine cabinet and how much. Dispose of unused medications at the Edgerton Police Department drop box: 245 W. Fulton Street, accessible during normal business hours.
- 3. Share what you've learned at school meetings, community events and other gatherings of parents.**

